

Post-it Notes Exercise

This exercise is a way of identifying and addressing limiting (and empowering) beliefs

What is the Tool?

The exercise involves you identifying your beliefs, examining each one and making a conscious choice about the belief with the opportunity to reframe (or destroy) unhelpful or limiting beliefs

How do I use it?

You write on post it notes:

- Beliefs about yourself (empowering and limiting)
- Labels you wear or have worn (empowering or limiting)

Now examine each belief or label in turn:

Is it true?

Is it helpful?

Was it true once?

Where did it come from (and how reliable was the 'witness')?

Do one of 4 things with each post-it:

1. *Keep It*
2. *Rewrite it (or reframe it) so that it is more appealing or useful to you*
3. *Destroy it (screw it up in a ball and throw it in the bin)*
4. *Write some new ones*

Your coach can assist with this if helpful.